



Source CIUSSS MCQ

Nasal hygiene

(How to clean a baby's or child's nose)

If your child has congestion due to a cold, flu or allergies and cannot blow his or her nose properly, nasal secretions can be difficult to manage.

A congested nose can have an impact on breathing, eating, hydration and sleep.

Nasal hygiene done on a regular basis helps:

- Reduce the number of ear infections, sinusitis and the onset of asthma-related symptoms.
- Reduce the use of antibiotics in relation to superinfections.
- Reduce nasal congestion and coughing.
- Humidify the nose.
- Prevent nosebleeds.
- Improve nutrition.
- Improve the quality of sleep
- Reduce the duration of symptoms.
- Reduce absences from daycare, school and work.

How do I do it?

To clear the nose (nasal hygiene), use a saline solution that can be bought in pharmacies. You can also make your own saline solution (the recipe can be found on the back). Water used to recreate store-bought saline formulas and for the homemade recipe must be boiled and cooled before use.

1. Gather the material you will need: saline water, plastic syringe (without a needle such as the one used to administer medication)

Bring a towel or blanket and tissues to wipe your child's nose at the end.

2. Wash your hands.
3. Draw the required amount of saline water according to age (see chart).

QUANTITY OF SALINE WATER TO BE USED ACCORDING TO AGE	
Premature	1 mL
0 to 1 month	3 mL
1 to 6 months	5 mL
6 months and older	10 mL
More than 2 years	Start with 120 mL and increase to 240 mL depending on the child's age and comfort.

4. Put the child in a proper place: a bed, a changing table or a table.
5. Lay the child on the blanket and swaddle him/her so they cannot pull their arms out of the blanket.
6. Place the towel under the child's head to collect water and secretions.
7. Place the child on his or her side, with their back pressed against your stomach.
8. Place the plastic syringe (without a needle like the one used to administer medication) at the edge of the nostril (do not insert into the nose).

9. Quickly inject the entire contents of the saline solution (measured beforehand as indicated) into your child's nostril.
10. Wipe your child's nose. Secretions may come out of both nostrils and the mouth.
11. Repeat steps 8-11 until breathing is free, 2-3 times as needed.
12. Repeat the steps for the other nostril by changing the child's side, making sure to have the child's back pressed against your stomach.
13. Wash your hands and used surfaces
14. Clean the syringe with hot soapy water and let it dry completely.

Important: The saline solution must be used at body temperature (i.e., around 37 °C), otherwise it may cause discomfort to your child.

HOMEMADE SALINE WATER

- Bring water to a rolling boil for 3 minutes.
- To 1 litre of boiled water, add:
 - 10 mL (2 level teaspoons) non-iodized salt
 - 2.5 mL (½ tsp. level) baking soda.
- Keep the mixture in a glass container with a tight-fitting lid.
- The preparation can be kept for 24 hours at room temperature or 7 days in the refrigerator.
- Take out the required amount and warm the water to body temperature (i.e., around 37°C) before using it.

For more information

- [Explanatory sheets and videos: ciusssmcq.ca/conseils-sante/vous-etes-malade/](https://ciusssmcq.ca/conseils-sante/vous-etes-malade/)
- [Nasal hygiene: sheet from the Centre hospitalier universitaire Sainte-Justine](#)



Contact information for medical clinics

- [CIUSSS MCQ website: facility contact information](#)

Where to consult

- Your pharmacist
- Info-Santé 811 available at all times: 24 hours a day, 7 days a week
- Your family doctor at your FMG or medical clinic
- If you do not have a physician: 1-844-313-2029, option 1. From 8:00 a.m. to 8:00 p.m. Monday to Friday and from 8:00 a.m. to 4:00 p.m. Saturdays, Sundays and holidays
- Walk-in clinics
- The nearest emergency room (see above information *When to go to the ER URGENTLY?*)

OU-22-450
2021-11

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